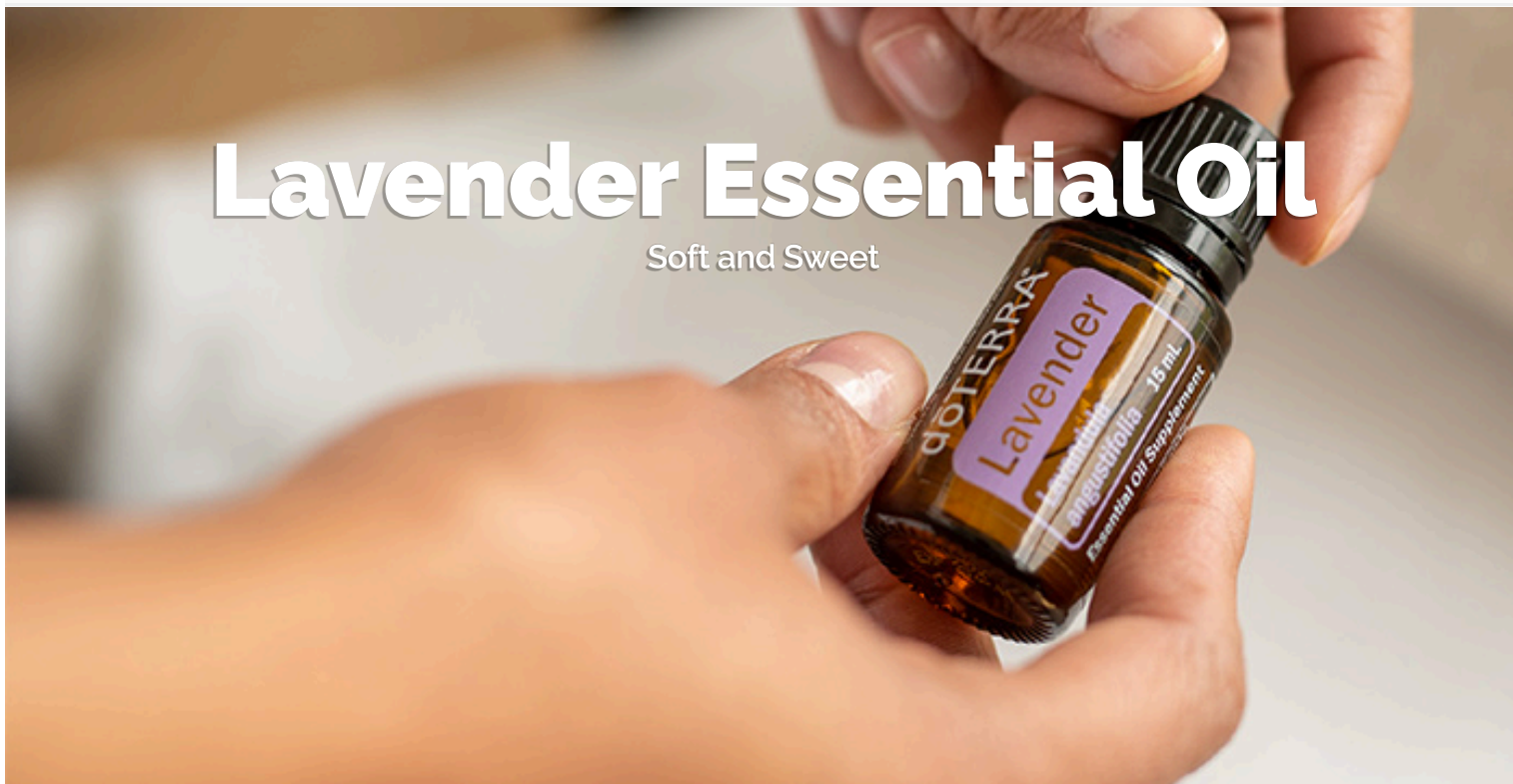


Lavender Essential Oil

Soft and Sweet



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Lavender Oil

Lavender is widely considered a must-have essential oil because of its versatility. It's been used and cherished for centuries because of its unmistakable aroma and myriad of benefits. Ancient Egyptians and Romans used lavender for bathing and cooking and in perfumes.

The gentle, relaxing aroma of Lavender promotes a peaceful environment. When taken internally, it can help soothe and relax the mind.* Lavender is a go-to for reducing the appearance of skin imperfections when applied topically. Add it to bathwater for a soothing soak or apply it to your temples and the back of your neck. Add a few drops to pillows, bedding, or the bottoms of your feet to prepare for a restful night's sleep.

Size: 15 mL Item: 30110001



Retail: \$38.67

Wholesale: \$29.00

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[Add to Bag](#)



Primary Benefits

- Offers a soothing aroma.
- Promotes mental relaxation and supports restful sleep when taken internally.*
- Calms occasional skin discomfort.

Lavender Essential Oil | doTERRA Behind the Bottle: Episode 18



Behind the Bottle: Lavender Essential Oil

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Uses

- Add a few drops to pillows, bedding, or the bottoms of the feet before bedtime.
- Keep a bottle nearby to calm skin discomfort.
- Mix with water in a spray container and mist inside closets, on linens, or in various areas to create a delightful, refreshing atmosphere.
- Consume internally to promote mental tranquility and relaxation.*
- Incorporate into cooking for a flavorful addition to marinades, baked dishes, and desserts.

Directions For Use

Aromatic use: Add three to four drops to the diffuser of your choice.

Internal use: Dilute one drop of Lavender oil in four fluid ounces of liquid.

Topical use: Apply one to two drops of Lavender essential oil to the desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Cautions

Recommended Products



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Ilahi (Hawaiian Sandalwood)

Roman Chamomile

Bergamot

Retail: \$200.00
Wholesale: \$75.00

Add to Bag

Retail: \$55.00
Wholesale: \$52.00

Add to Bag

Retail: \$57.00
Wholesale: \$43.00

Add to Bag



More on Lavender Essential Oil

Broaden your knowledge of Lavender oil.



Discover Solutions: "Lavender Essential Oil"

Sourced from its native Europe, Lavender is calming and balancing. Learn how its soothing aroma can create a positive atmosphere during your day.

[Discover Lavender Oil](#)

source
to you

Source to You®: "Lavender Oil"

Lavender is sourced from both Bulgaria and France. Click below to find out how their optimal climates help produce this high-quality essential oil.

[Read the Story](#)



doTERRA Blog: "Lavender-Blueberry Milkshake"

This frozen pick-me-up is a delicious and healthy treat. Enjoy the combined flavors of Lavender, blueberries, bananas, and ground cinnamon!

[Try the Recipe](#)



The doTERRA Difference: Pure, Potent Lavender

Top-tier research institutions have demonstrated the superiority of doTERRA Lavender essential oil. There's no comparison. Find out more about the research below.

[Read the Research](#)

Useful Resources

↓ PIP

↓ Presentation

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product is not intended to diagnose, treat, cure, or prevent any disease.



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